



OLD FASHIONED DELICATESSEN

Brooklyn Avenue Sandwiches

Sandwiches Made to Order!
You name it . . . we'll make it!
Hot Corned Beef or Hot Pastrami,
Turkey, Roast Beef or Salami,
Cheese on Rye or Creamed Cheese
and Lox . . . the best you ever had!
To go . . . or eat at our tables!

79¢ each



Homemade, Fresh. Reg. 45c lb. Delicatessen Special
Potato Salad or Cole Slaw lb. 29c Barbecue Chicken ^{minimum wt. 1 1/2 lb.} 98c

FROZEN SWANSON DINNERS

45¢ Beef, Chicken, Fish & Fries, Ham, Pork, Turkey, Fried Shrimp, Swiss Steak, Chopped Sirloin Beef



FLOWN BY JET FROM KODIAK! FRESH ALASKA KING CRAB

Now for the first time in history, you can enjoy the inimitable flavor of fresh, never-been-frozen crab straight from the cold Alaskan waters! Cooked, ready-to-eat crab, its delicate sea-fresh flavor unmarred by prolonged handling or freezing, flown by jet right from Kodiak, Alaska to Food Giant! This is truly a gourmet treat you can enjoy just as it comes from the shell!

ASSORTED SIZE PORTIONS

98¢ lb.

RECIPE

HOT CRAB TREAT
Shake meat from shell and place under broiler until heated through. Brush with melted butter, garnish with a pinch of paprika and serve!

(Do not freeze this crab meat . . . you'll lose the wonderful flavor you get only from truly fresh crab meat.)



FOR SAFETY'S SAKE . . . Fireman Dick DeArmitt explains the rules which apply to bicycles riders to John Dandoy during a safety session at Howard Wood Elementary School. DeArmitt heads a group of volunteer firemen who conduct such safety programs at many of the city's elementary schools in an effort to impress upon the youngsters the importance of obeying all rules. (Herald Photo)

Bike Program Shows Kids Rules of Safety

The Torrance Safety Council has launched the 1964 bicycle safety campaign in the Torrance schools. The program is designed to teach children the rules for bicycle riders and to safety-check bicycles.

Originated by Officer Don Hartel of the Torrance Police Department, the program is organized in three phases. Hartel conducts the first phase, which includes classroom instruction in safety practices and bicycle laws. The phase includes a written test.

Torrance firemen conduct the second and third phases under the direction of Dick DeArmitt. Off-duty firemen and PTA members conduct a bicycle rodeo during school hours in the second phase. The rodeo consists of an obstacle course which is used to determine balance, coordination, general riding skill, and common sense.

Elementary and parochial schools in Torrance participate in the program on a voluntary basis. More than 3,000 youngsters from 25 schools participated in the trial program last year. The program was approved by the Board of Education this year.

Last year, 56 firemen devoted 619 hours of their own time to conduct the program.

WEAK POINT
From lack of moral strength empires fall. — Mary Baker Eddy.

RICH FLAVORED HUNT'S CATSUP

14 oz. bottle **10¢** save 9c

FRESH-WATER FISH COLUMBIA RIVER SMELTS

29¢ lb.

GOURMET DELICACY SMOKED HALIBUT

69¢ lb.

Flavored fruit for any meal! Tall 303 cans
Apple Sauce 2 for 25¢
any ways! They all will enjoy it. 2 lb. cello bag
Rain Rice 29¢
whole. Complements any dish. 2 1/4-oz. can
Mushrooms 25¢
me cooking. Delicious with peas. Tall 300 can
Potatoes 3 for 25¢

VAC PAK
You can't tell these fish fillets from fresh fish! Vacuum packed at the peak of freshness and frozen to keep in the flavor and texture of fresh fish!

VAC PAK
TRUE COD 49¢

VAC PAK
FILLET OF SOLE 69¢

VAC PAK
RED SNAPPER 49¢

ADDITIONAL SEAFOOD FAVORITES

MEDIUM GREEN SHRIMP **89¢** lb.

COOKED & PEELED SHRIMP **98¢** lb.

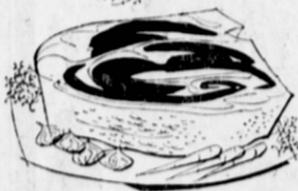
PAN READY SAND DABS **59¢** lb.

BABY SIZE FROG LEGS **98¢** lb.

Australian Red Lobster frozen lb. 98c Fresh Western Oysters 12-oz. jar 69c

U.S.D.A. "CHOICE" BEEF

RIB ROAST 69¢ lb.



U.S.D.A. "CHOICE" BEEF

RIB STEAK 79¢ lb.

U.S.D.A. "CHOICE" BEEF

CLUB STEAK 95¢ lb.

SLICED HOFFMAN BACON
1-lb. pkg. **55c**

FRESH, LEAN **GROUND CHUCK 49¢** lb.

SOLID, RIPE **SLICING TOMATOES 2 lbs. 25¢**

FRESH **YOUNG CARROTS 2 1-lb. cello bags 15¢**

DEL AMO SHOPPING CENTER
CORNER OF HAWTHORNE & SEPULVEDA

MAGIC CHEF



CAL-GYM AMAZING 8th ANNIVERSARY OFFER!

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18 MONTHS \$39 ONLY . . .

FAMILY \$49



- HUGE GYM (USING THE MOST MODERN EQUIPMENT)
- WEIGHT REDUCING
- WEIGHT GAINING
- MASSAGE (ONE FREE EVERY 2 WEEKS)

LADIES!

LOSE 12-LBS. IN 12 HRS.!
With L.A.'s sensational method of reducing, healthfully, developed by BLIZATONE.

Supervised by Phil Fister, one of the area's most progressive physical culturalists.

PRICE INCLUDES

KEY CLUB

OFFER EXPIRES



Put a little zing in your zinging and a little zip in your zelf.

You will be amazed at the results as you train along with some of the most successful physical conditioners.

Use of all facilities —plus instructions, NO CONTRACTS!

Find out how you can be a member anytime of day or night. 7 days a week.

Definitely February 12th (unless quotas are filled sooner). Don't delay. Act now!

PHIL FISTER, Owner and Physical Culturalist